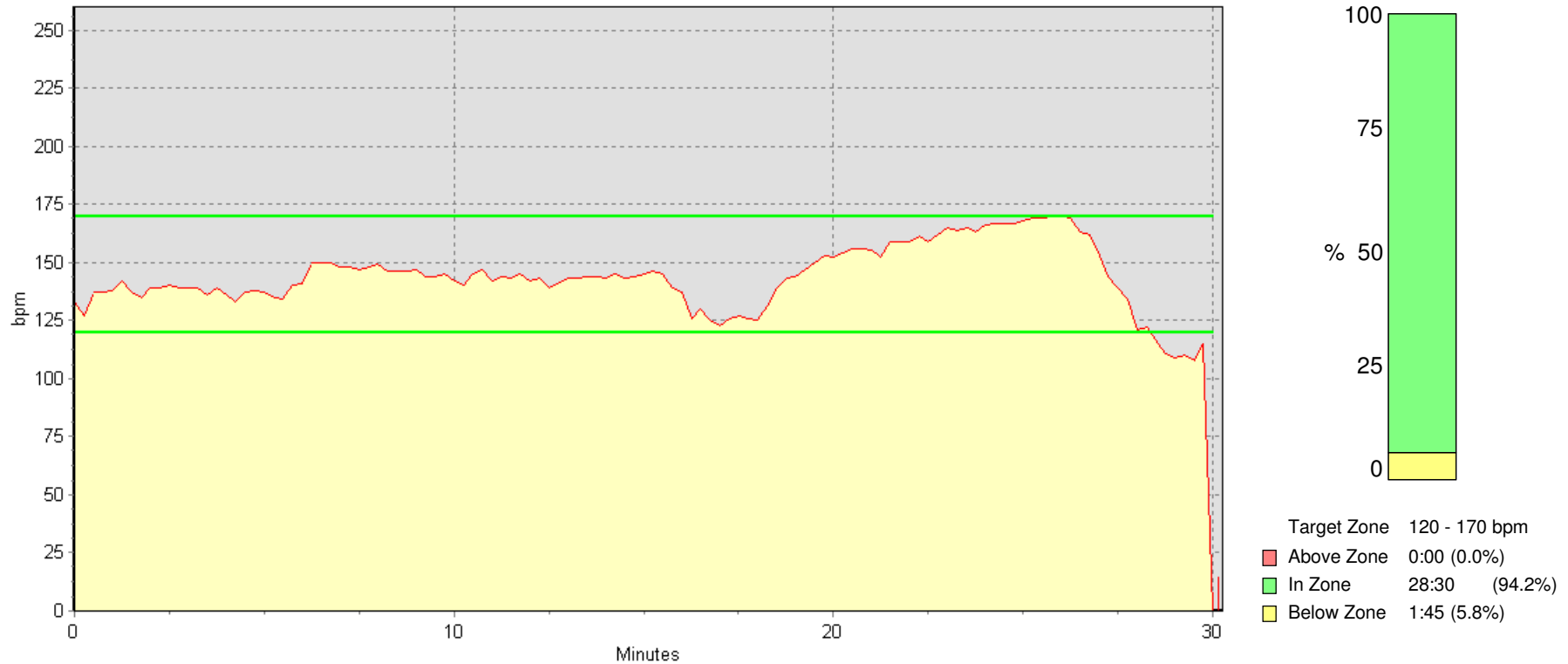


Individual Heart Rate Curve Report

Report Date: Thursday, February 28, 2008

Teacher: Hare, Eileen
Course: Mod 1
Student: Joe High School

Date Range: Saturday, December 01, 2007 - Friday, February 29, 2008
Activities:



HRM: HRM #1 (E600)
Session Date: 1/28/2008 8:15:29 AM
Total Time: 30:15
Interval: 15 sec
Total Beats: 4319
First lap warm-up: No
Comments:

File Number: 1
Activity:
Average HR: 143 bpm
Recovery: 133 bpm
Max HR Achieved: 170 bpm
Last lap cool-down: No

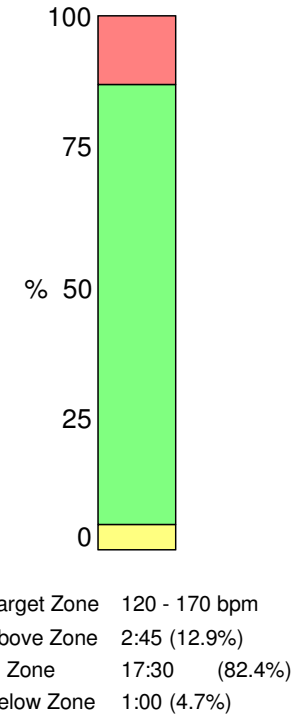
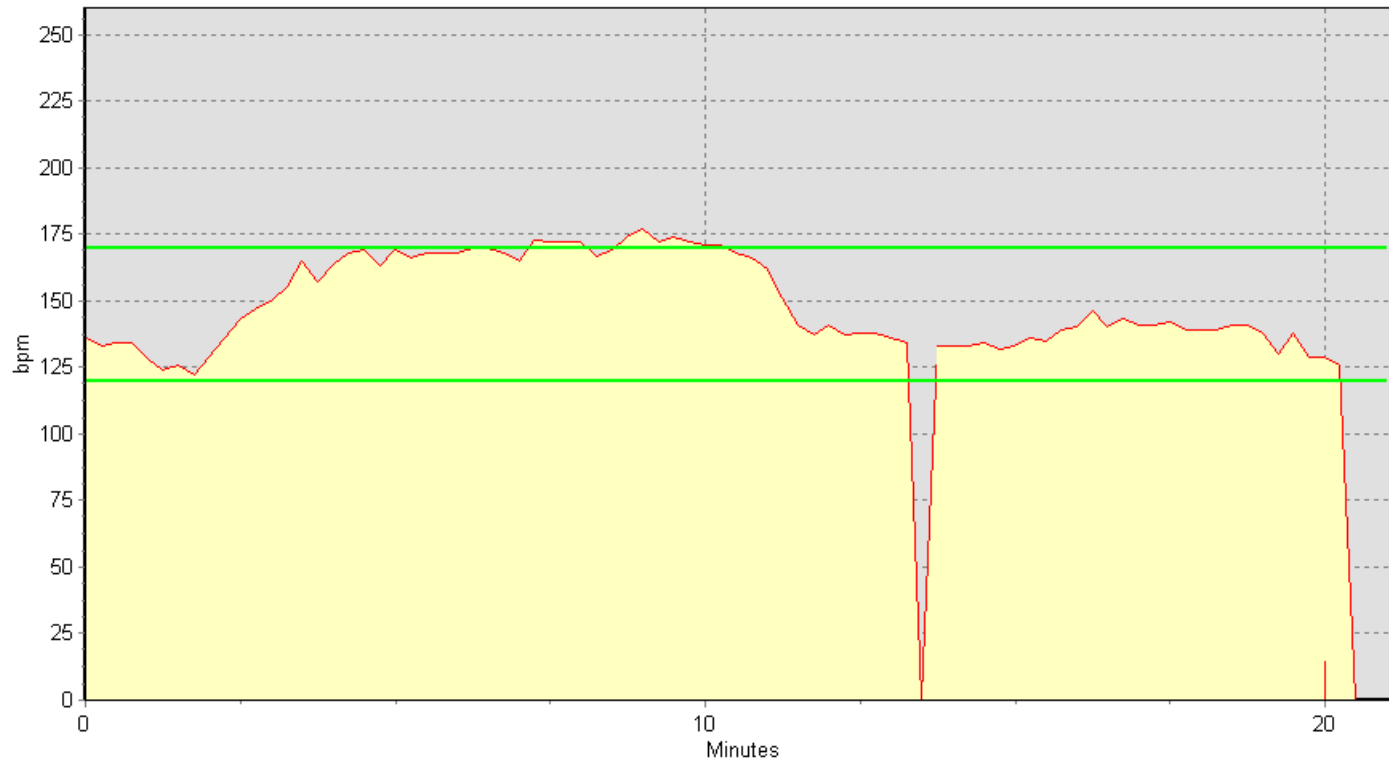
Laps	Time	Split	HR	Avg
1	30:09	30:09	0	143

Individual Heart Rate Curve Report

Report Date: Thursday, February 28, 2008

Teacher: Hare, Eileen
Course: Mod 1
Student: Joe High School

Date Range: Saturday, December 01, 2007 - Friday, February 29, 2008
Activities:



HRM: HRM #1 (E600)
Session Date: 1/31/2008 8:21:20 AM
Total Time: 21:15
Interval: 15 sec
Total Beats: 3010
First lap warm-up: No
Comments:

File Number: 9
Activity:
Average HR: 142 bpm
Recovery: 136 bpm
Max HR Acheived: 177 bpm
Last lap cool-down: No

Laps:	Lap	Time	Split	HR	Avg
	1	20:00	20:00	129	147
	2	1:06	21:06	0	51